

WHAT IS CLAIMED IS:

1. - 20. (Canceled)

21. (Previously presented) A method for forming a low-gluten wafer consisting of only wheat, said method comprising the steps of:

- a. mixing about 1 part wheat starch with about 1 part pre-gelatinized wheat starch to form an homogenous starch mixture;
- b. adding water to said starch mixture in a weight ratio of about 1 part water to about 1 part said homogenous starch mixture;
- c. mixing the water into said starch mixture to form a water-starch mixture;
- d. placing said water-starch mixture between two plates each heated to about 275 - 400 degrees Fahrenheit;
- e. heating for between about 5 minutes to about 10 minutes; and
- f. removing said wafers from between said two plates.